

# WHO WE ARE

In the mid-1980's, a group of African American leaders in North Carolina met with representatives of the American Cancer Society to discuss the disproportionate number of African American males diagnosed with prostate cancer.

## **THE NORTH CAROLINA MINORITY PROSTATE CANCER AWARENESS ACTION TEAM (ACTION TEAM)**

was established in 1985 to develop and implement strategies to decrease the incidence of prostate cancer in the minority community. Since its founding, the Action Team has worked towards the following goals:

1. **Educate** minority men and their families about prostate cancer.
2. **Ensure** access to care for minority men who need to be screened for prostate cancer.
3. **Advocate** for state, local, and federal funds for minority prostate cancer research.
4. **Build** a network of organizations, agencies, and leaders to make prostate cancer a state and national priority

### Supporting Organizations



# HOW WE HELP...



## ACTION TEAM ACTIVITIES

- **FAITH-BASED AWARENESS AND EDUCATION PROGRAMS**
- **EXHIBITS AT CONFERENCES AND SPORTING EVENTS**
- **PRINT AND BROADCAST MEDIA INTERVIEWS**
- **ANNUAL STATEWIDE CONFERENCE ON PROSTATE CANCER**
- **AFRICAN AMERICAN PROSTATE CANCER SUPPORT GROUP—UMOJA**
- **PC ANGELS**
- **PC SHEPHERDS**

## SIGNS & SYMPTOMS OF PROSTATE CANCER

- The most common symptom is **NO SYMPTOM** at all. Other symptoms may include:
  - Difficulty urinating (trouble starting or stopping, or a weak or interrupted flow)
  - A need to urinate more often
  - A burning or painful sensation when urinating
  - Pain in the pelvis, lower back, or upper thighs
- "REAL MEN GET SCREENED"**
- A **FULL** prostate exam includes both a Prostate-Specific Antigen (PSA) blood test and a digital rectal exam (DRE)
  - All men in high risk groups including men with a family history of prostate cancer and African-Americans should receive a full prostate exam annually beginning at age 40.
  - All men with an abnormal DRE should be referred to a urologist regardless of PSA results.
  - Sometimes the best indicator of prostate disease is PSA velocity (change in PSA readings between regular exams)

## DID YOU KNOW?

### **A TOP KILLER OF AFRICAN AMERICAN MEN.**

Prostate cancer is the second leading cause of cancer death in African American men (second only to lung cancer).

### **MORE LIKELY TO AFFECT AFRICAN AMERICAN MEN.**

African American men are more than twice as likely to die of prostate cancer than any other racial or ethnic group.

### **FAMILY HISTORY: A CRITICAL LINK.**

Having a single relative with prostate cancer doubles a man's risk.

Having two or more relatives with prostate cancer increases the risk ten times.

### **NORTH CAROLINA HAS HIGHEST DEATH RATE.**

More African American men die of prostate cancer in North Carolina than in any other state in the country.

## HOW YOU CAN HELP...

### **HOW YOU CAN HELP...**

Join the Action Team  
Make a tax-deductible contribution  
Sponsor a prostate cancer health session for your church, fraternal, or community group.



For more information, contact  
**North Carolina Minority Prostate Cancer  
Awareness Action Team**  
P.O. Box 98995  
Raleigh, NC 27624-8995  
Phone: 919.414.5314  
Email: [info.actionteam@gmail.com](mailto:info.actionteam@gmail.com)  
[www.minorityactionteam.org](http://www.minorityactionteam.org)

## EMPOWERING MEN STRENGTHENING COMMUNITIES



**NORTH CAROLINA MINORITY  
PROSTATE CANCER AWARENESS  
ACTION TEAM**